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SECOND APPEAL

TO THE

PEOPLE OF PENNSYLVANIA

ON THE SUBJECT OF AN

Asylum for the Insane Poor

OF

THE COMMONWEALTH.

PHILADELPHIA :

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1841.

[The first appeal to the people of Pennsylvania, from the pen of the editor of this journal, was reprinted in the "Library." We add the second as containing, in epitome, certain statistics in relation to the insane of this country and elsewhere, up to the present period.—ED.]



SECOND APPEAL.

It is nearly two years since a meeting of citizens was held in the city of Philadelphia, to take into consideration the propriety of adopting measures to establish at public expense, an Asylum for the Insane Poor of Pennsylvania. At this meeting, it was resolved on motion of Joseph R. Ingersoll, Esq.—“that it is expedient to make application to the legislature for the passage of an act to authorise the purchase of extensive grounds and the construction of a state asylum for the relief of the insane poor of the state of Pennsylvania;” and farther, “that a committee be appointed to prepare, print, and circulate memorials to the Senate and House of Representatives, and cause them to be presented—to procure and publish information (statistical and otherwise) on this interesting subject, and to adopt such other measures as may in their opinion contribute to the success of the undertaking.”

With the view of enabling the public to clearly comprehend the necessity for such an institution, as the one proposed, an appeal on the subject was published to the people of Pennsylvania; and subsequently memorials were sent to the Senate and House of Representatives, before whom a bill was introduced, accompanied by a report from Mr. Konigsmacher, the chairman of the committee to whom the subject had been referred.

This bill passed the House of Representatives with but slight opposition, and the Senate unanimously, but on account of the exhausted condition of the treasury, it did not receive the sanction of the Executive. After stating this objection to the bill, the Governor proceeds:—“No friend of this measure can deplore more deeply than I do the stern injunctions of duty by which I am governed. The object for which the bill provides is one that appeals directly to all the best feelings and charities of the human heart. It makes that appeal under the solemn sanctions of official duty, social obligation, and Christian philanthropy. I feel its force. I acknowledge its justice; and gladly—most gladly—would I yield to its most virtuous sympathies;” and he adds his belief, “that at no very distant day the commonwealth will be so far extricated from her present embarrassments, as to be able, without inconvenience, to accomplish the laudable undertaking which is now unavoidably postponed.”

Participating in the benevolent sentiments expressed by Governor Porter; impressed with the irreparable evils which must result from delay, and believing that the period had arrived for farther action, and that certain objections which were made against the former bill could be entirely obviated, the committee of citizens, at a meeting held on the 25th of September last, appointed a sub-committee, consisting of Robley Dunglison, M. D., Isaac Collins, and the Rev. C. R. Demme, D. D., to prepare a second appeal to the people of Pennsylvania, which should embrace such portions of the former appeal, and of the report made to the legislature, and such other information as the sub-committee might think proper.

At a meeting of the committee, held on the 9th of October, 1840, the sub-committee, through their chairman—Dr. Dunglison—reported the following appeal, which was approved; ordered to be printed, to be signed by the chairman and secretary of the committee, and to be published under the direction of the sub-committee in such form as to secure its most extensive circulation.

In the absence of accurate statistical information in regard to Pennsylvania, an attempt was made, in the former appeal, to deduce the number of insane persons in that commonwealth from the ratio that was found to exist in a neighbouring state. These estimates led to the belief, that the number of lunatics in Pennsylvania might be 600 or 700, and of idiots 1000 or 1100, and this was at the time regarded as a low estimate. Subsequent examination led to the belief that it was much below the real amount. In the able report in relation to an asylum for the insane poor, read in the House of Representatives, by Mr. Konigsmacher, on the 11th of March, 1839, the committee to whom the subject had been referred, reported, that they had received information from nearly half the counties of the state, from which it appeared, that there was an aggregate of upwards of *eleven hundred* insane persons—including idiots—in a population not exceeding 800,000. This ratio, which is one in about 728, closely approximates that deduced from the enumeration of the state of New York in 1825, which has been recorded amongst the statistics of insanity by Esquirol and other writers on the subject, and which showed, that the ratio in that state was one in about 721. It is gratifying, however, to find, that subsequent statistical information has shown, that as the population of New York has increased, the proportion of the insane has not increased in a corresponding ratio, but, on the contrary, has diminished. In the year 1835, a fresh enumeration was made, when the proportion of lunatics was found to be one in 2249 nearly; of idiots one in 1465 and a fraction, and of both classes one in 887 and a fraction;—a diminution in ten years in the ratio of 887 to 721.

Although it is certainly justifiable to take the neighbouring, extensive, and populous state of New York, which contains nearly one sixth part of the population of the Union, as the basis of our estimates in respect to this state, the result can only be regarded as an approximation, and were we not possessed of information respecting the number of the insane in most of the counties of the state, it might not even be entitled to this consideration. Singular and inexplicable difficulties exist when we reflect on the results of statistical inquiries on this subject in many countries. A distinguished writer on insanity—M. Brierre de Boismont—who has published a work within the last year on the influence of civilisation on the developement of insanity; and who considers the disease to prevail, as a general rule, in a direct ratio with the state of civilisation of the people—estimates the proportion of insane in different countries as follows:—State of New York, 1 in 721; England, 1 in 783; Scotland, 1 in 563; Norway, 1 in 551; France, 1 in 1000; Districts on the Rhine, 1 in 1000; Belgium, 1 in 1014; Holland, 1 in 1046; Italy, 1 in 4879; and Spain, 1 in 7181.

The proportion in the large cities he enumerates as follows:—London, 1 in 200; Paris, 1 in 222; Milan, 1 in 242; Florence, 1 in 338; Turin, 1 in 344; Dresden, 1 in 466; Rome, 1 in 481;

Naples, 1 in 791 ; St. Petersburg, 1 in 3133 ; Madrid, 1 in 3350 ; and Grand Cairo, 1 in 30714.

Singular and inexplicable differences exist in the proportion of the insane to the whole population in many of the states of this union. In New Hampshire, when the population did not exceed 280,000, the number of lunatics was estimated at 600 ; in Connecticut, in a population of 298,000, at 700 ; in Massachusetts, with a population of about 612,000, there were 1,000 ; and in Virginia, taking the population at 1,200,000, it was considered that there were, in 1838, not fewer than from 600 to 800 insane persons.

It is not an object of this appeal to inquire into the causes of these differences, if they really exist. They are adduced for the purpose of exhibiting the difficulties in the way of arriving at more than an approximation, and that in assuming the proportion in New York, according to the enumeration of the state, in 1835, a ratio is adopted much less than that which is considered to prevail in most other countries, and in states not far distant from Pennsylvania.

Under the very lowest estimate, it is probable that there are, at this time, in Pennsylvania, 2000 insane, of whom—if we take again the state of New York, as a guide—the proportion of idiots will be about 1200 and of lunatics 800. Of these 2000 insane, all are not in a condition to require the aid of such a charity as is contemplated. Some are able to remain at home, others are in the valuable institutions established for the reception of these unfortunates in the vicinity of this city and elsewhere ; whilst others, again, are in an entire state of destitution, and are receiving their support in the county almshouses, are subsisting under some form of charity, or are immured in the various prisons of the commonwealth. These last alone concern us in the present inquiry.

Wherever statistical inquiries have been made into the proportion of the insane amongst the indigent classes, the results have been the source of great surprise. Of 14,000 insane persons in England and Wales, it has been supposed on competent authority—Sir Andrew Halliday—that 11,000 are indigent. The results of inquiries made in the neighbouring states would show that this estimate cannot be wide of the mark as regards Pennsylvania. We are certainly, we think, justified in considering that nearly two-thirds of the whole number or 1,200 are destitute ; and hence, that 500 lunatics at least—exclusive of idiots—might require the assistance which the contemplated asylum will be capable of affording.

The indigent poor of this commonwealth may be divided into three classes : the *first* including those who are kept at home under the charge of their friends : the *second* those who are in the almshouses or are farmed out ; and the *third* those who are in the prisons and penitentiaries.

The *first* class embraces chiefly idiots, and such as are insane, but harmless. It is not common—as was remarked by the commissioners of one county of the commonwealth, in answer to offi-

cial inquiries—for those who can support themselves by any means to be sent to poor houses, until they become unmanageable at home; and even under the last circumstances they are frequently kept at home, in conditions which render all attempts at recovery unavoidable. A report from one of the counties mentions an insane man, who had been supported by a poor mother for twelve years, constantly chained.

It is now admitted, every where, that the chances of restoration are slight indeed, where the individual is kept constantly amongst the scenes and objects that gave rise to, or are connected with his delusion: but when, in addition to this, he is subjected to ill treatment and to every form of privation, it is scarcely necessary to add, that recovery must be next to impossible. A well regulated hospital affords the only means of restoration, and where restoration is impracticable, of rendering the condition of the insane as comfortable as their melancholy infliction permits. No private establishment can possess adequate means for bestowing regular and appropriate attendance, and hence it frequently happens that with the most affectionate feeling on the part of relatives, the ordinary attendants neglect their duty, and at times with results that are most calamitous. In the former appeal, allusion was made to the fatal consequences of inevitable neglect, during the cold of a winter, of unusual severity, in a case which was attempted to be treated at home, under the unfortunate impression, on the part of the respectable family, that the ordinary servants of the house would be able to attend to the sufferer, and that there was something revolting in sending a relative to a public institution, where neglect was possible, and where he would be deprived of those tender cares, which relatives—it was erroneously conceived—are alone able to bestow.

It is to be lamented that these feelings still prevail to too great an extent amongst both the rich and the poor; yet they are gradually fading before the lights of experience, and soon—it is to be hoped, for the good of humanity—will vanish altogether. One of the earliest evidences of insanity is generally a dislike to those to whom the insane have been previously most attached, and whose sympathy or control they indignantly reject. These feelings continue as long as the aberration; and hence the importance of removing them, at an early period, from these perverted associations—to institutions in which they are taught from their first admission to brook control, and in which—at the same time—every attention is paid to dispel the morbid hallucination, and to minister to their happiness.

Compare the reports of some of our best institutions with the statements we are doomed to hear of physical suffering, where the insane are deprived of the necessary cares. “During the residence of nearly six years,” says the Sixth Annual Report of the Superintendent of the State Lunatic Hospital, Worcester, Massachusetts, “we have been exempt from severe sickness, and no epidemic has ever visited the Hospital. In this period, we have had under our care *eight hundred and fifty-five* patients, exhibiting insanity in all

its forms, from the high excitement which induces its victim to discard and destroy his raiment, and expose himself to injuries, in a manner wholly reckless of consequences, to that state of imbecility and torpor, which unfits him from attending to what is absolutely necessary to his existence, much more to his security and comfort; yet we have never, in a single instance, had a patient either *burned, scalded or frozen.*"

It would be but correct to infer, that the *second* class of insane paupers, who are in the county almshouses, are in a better condition than those who are supported at home on public or private bounty. Such is unquestionably the fact in our best almshouses—of which the Philadelphia Almshouse at Blockley is an excellent specimen; yet from the very mixed nature of the establishment it is impossible to have those means and appliances, which are indispensable to the proper treatment of the insane. It is requisite, that the building accommodations should have been erected for the express purpose, in order that due classification may be adopted; and that ample facilities should exist for employment in labour, or amusement, that may exercise the mind, and abstract it from its delusion. Except, indeed, at an early period of the disease, physical management is generally of but little avail. Admitting that insanity may be essentially physical in its nature, it is not an affection, which, after it has continued for some time, is capable of being generally cured by remedies, that are employed for the removal of ordinary corporeal excitement; and hence the main stay of the physician is in the adaptation of a proper moral management, for which the best of our county almshouses affords us but imperfect facilities; and the rest, few if any. It is indeed deplorable to peruse the statements made on authority, and contained in the Report to the Legislature of Pennsylvania, to which reference has already been made.

"We have two places only"—says one of the county reports—"for the reception of the insane poor,—the common poor house and the county jail. In the latter place are generally males, who are too violent and dangerous to be kept in a common poor house. For the public peace and protection of the community, they were charged with breaches of the peace, or petty misdemeanors that were made the pretence for confinement, and being unable to give bonds were committed. Here their society is chiefly convicts, or if kept in solitary confinement, so ill are the accommodations for this, that they suffer more than the rigour of penitentiary discipline, and thus are they kept from year to year, with the same treatment that is meted out to those convicted of high crimes. In one instance, a man, who had been a minister of the gospel, being without the means of removal, or support in a private asylum, was sent to the poor house: here he became violent and dangerous, and escaped. It was considered necessary for the protection of his family and the public from injury, that he should be committed to the public jail, where he remained a year or more, without any accommodation or comfort other than what is afforded to the common felon. He is

now at a private hospital, at an expense of three dollars per week to the county.

"A maniac is now in our jail under sentence of death for a most atrocious murder. There was no indication of insanity at the trial, nor when he was sentenced, but, a few weeks after, there was strong evidence of mental alienation, and his execution has been postponed under reprieves, upon the representations of physicians and others. He is alone in his department, fettered and chained, and has been in this situation about nine months, deprived of all comfort, &c."

A report from another county thus describes its accommodations for those unfortunates.

"The accommodations for the insane in the county poor house consist of a single room, in which the furious and violent are confined, male and female in the same apartment, separated only by the length and restraint of their chains. Their hands being at liberty, they frequently strip themselves of all covering. The condition of these furious and violent maniacs, confined in the same room, destitute of all comforts, and with every thing around calculated to aggravate their madness, is degrading and deplorable in the extreme. Bad as is the condition of poor insane lunatics, dwelling in private hovels of poverty, the condition of the violent is better there, with more comfort and hope of alleviation and relief, than in the mad apartment of the public poor house, chained with others as mad as themselves: although they may not have as regular an allowance of bread and meat in the humble cabin, yet there they may have eyes to pity, hands to afford relief, or voices to utter some comfort and consolation."

"The county poor house is under the control of a steward, who has a large farm, and perhaps a hundred paupers to employ, manage and provide for, from day to day. Changes in the office of steward are often occurring. The attending physicians are elected also at intervals of one or two years; their pay, if any, is very inconsiderable, and however strong may be their desire to alleviate the suffering of the insane, there are no facilities for the employment of suitable means."

Another report states:—"We have no special accommodation for the insane, and such as we have is wretched. They are kept in an old dilapidated building scarcely tenable. Five or six are chained in so many small separate compartments on the same floor. In a word, the insane of this county, whether in or out of the poor house, are, we are sorry to say, scarcely considered proper objects of medical attention, and still less of moral discipline."

In another county, a memorial was addressed to the board of guardians of the poor by the attending physicians, which set forth, that they have for a long time regretted the defectiveness of the present arrangement for the treatment of insane patients. "The only apartments now used," they remark, "are in a damp, confined, ill-ventilated and comfortless situation; calculated more to increase

both the physical and mental derangement of such patients, than to co-operate with the sanative influence of medical treatment:" and they add—"that we are not disposed to exaggerate the deficiencies and inconveniences of the present arrangement, it is only necessary to state, that since the erection of the present building *several lives have been lost*, from the imperfect construction of the cells for the insane; and where no possible blame could attach to the keepers."

This memorial was made part of the report of the grand jury to the court of quarter sessions, in August, 1838. At the November sessions following, the presiding judge called the particular attention of the grand jury to the hospital, and they were induced to visit the premises, accompanied by the attending physician. After a full and fair examination of their condition, the grand jury say:—"these unfortunate individuals (the insane) are now placed in confined, damp, and illy ventilated apartments on the ground floor, resembling more the cells of a prison than any thing else. When permitted to take exercise and recreation in the open air, they are loaded like convicts with hobbles and chains, and exposed in summer to the hot sun without the protection of a single shady tree. In this situation they associate in the same yard with the other paupers, who, though more rational, unfeelingly provoke them with jeers and scoffs, and thus aggravate the violence of their disease. Under these circumstances, the grand jury believe it impossible to render them such medical and moral assistance as their peculiar diseases require, and which are curable only, by a proper combination of physical, medical and moral treatment. Distressing as it is to the feelings of humanity, it is notwithstanding true that this class of patients, which call loudest for our sympathy and our aid, and whose disease, we are informed, requires the nicest and most exact kind of treatment, are here placed in a situation wholly unfit for the successful treatment of *any* disease, and particularly for that of *insanity*. These unfortunate beings are deprived of even the ordinary comforts of the pauper, and their derangement, instead of being cured, becomes confirmed."

"From two to four physicians are annually elected to attend *all* the inmates of the hospital. The year is then divided into sections, and each physician attends singly his own section. During this period the physician seldom visits the insane regularly, and seldom prescribes for them. This is owing to the imperfect and uncomfortable arrangements made for them, and the impossibility of combining proper, moral and physical treatment with the medical. In consequence, therefore, of the imperfect construction of the building, the medical treatment of the insane at our hospital is more neglected than that of any class of individuals in the house."

In one county, it is stated in the report, of forty persons more or less deranged, seven are confined in cells, which are nearly, if not quite, under ground, who may be seen from without through iron bars in the cellar windows: amongst them, it is said, is a German girl, twenty years of age, seemingly in perfect bodily health, with

beautiful teeth and hair, and without exhibiting any evidences of malignity, who had been in a similar cell for five months, and was deemed incurable. This case, it was presumed, by proper treatment in an insane hospital, might have been susceptible of complete restoration.

These are but a part of the painful details presented to the legislature, but they are sufficient to establish the necessity of better provision for this afflicted portion of our fellow citizens. It is but just to add, that equal mismanagement and wretchedness exist elsewhere; for, strange to say, it is but as yesterday that the lunatic and the idiot have been esteemed worthy of the attentions of the humane, and capable of being extensively benefited by either physical or moral management. Institutions, it is true, were erected to receive them, but they were provided rather with the view of safety to the community than of restoration to society. Even so late as the year 1835, and in the country of Pinel, which has been distinguished for early and successful efforts for the improvement of the condition of the insane, it appears from the report of M. Ferrus, which rests on official documents, transmitted to the ministers by the prefects of police, that chains were still in use in some of the country asylums: that at Méreville, in the department of the Vosges, the cages, in which furious maniacs are confined, are in cellars not raised more than a foot above the ground. These cages are made of wood, and are partly closed only, the remainder being open so as to exhibit the interior: their dimensions four feet wide and six deep; and the light admitted only from corridors and cellars. Through the bars of these cages, in some of the towns, the miserable occupants receive their straw and food.

Even at this day, we are told by Mr. Packard, in a pamphlet just published, and entitled "Memorandum of a late visit to some of the principal Hospitals, Prisons, &c. in France, Scotland and England," embraced in a letter to the acting committee of the Philadelphia Society for alleviating the miseries of public prisons—in La Salpêtrière—the extensive institution of the metropolis of France, which contained, at the time of his visit, 5,500 inmates, of whom 1,200 were lunatics, 500 epileptics, and 300 idiots—the spectacle in the wards and yards was more horrible than his fancy could have depicted. In one of the inclosures, he saw fifteen or twenty small buildings, resembling very closely those which are put up in zoological gardens for particular classes of wild animals; the doors double, like those of a prison. In some of these buildings a place was fitted up greatly resembling the cages of lions and tigers in menageries. The floor was strowed with straw, and a thick strong barrier, similar to the rack from which cattle are accustomed to be fed, separated the maniac from the spectator.

Nor does the country of Howard form an exception in respect to these abuses. Gross and revolting was the former management of her insane institutions; but publicity, properly considered as the best remedy for such abuses, has mainly rectified the evil; yet, as

has been recently remarked by Dr. Conolly,¹ the accomplished superintendent of the Hanwell Asylum, there is scarcely an institution in the kingdom of Great Britain from which the shadow of former evils is altogether departed. "Scarcely credible does it now seem, that no longer back than twenty years ago, the condition of lunatic houses throughout France, and with some exceptions throughout Europe, should have been such as we find it described in M. Esquirol's historical review of those establishments. Prisons and dungeons were built and dug for them, and chains forged for them. To prevent their dying of sheer hunger was the sum of duty apparently thought due to them, and they were every where the victims of ignorance, of prejudice and of terror. The patients (in France) were found by him covered with rags, lying upon straw, miserably fed, and grossly abused by ignorant and brutal keepers. Air to breathe and water to drink were almost equally excluded from them; they were chained like wild beasts, but in dens into which wild beasts would not have been put." Dr. Conolly adds—"M. Esquirol's Atlas of Plates, will perpetuate the remembrance of a method of enchaining a poor officer of the Navy in Bethlem, even eighteen years after Pinel had struck the chains from off the limbs of the lunatics in the Bicetre. The poor man, when convalescent, is said to have threatened one of the physicians, and as ordinary means of restraint were evaded by the patient, an ingenious apparatus of iron was brought from Newgate and applied to him. This unhappy person is the subject of the last plate, and is represented sitting on a bed of wood and straw, his arms bound, his legs manacled, and a collar round his neck, by which he was fastened, by a chain ten inches long, to an upright iron pillar behind him. The weight of the apparatus was twenty-three pounds, and the patient (it ought rather to be said the prisoner) was unable to walk about or to stand upright, or even to lie down: and in this state he was permitted to remain nine years!"

Reverting, then, to the condition of the second class, according to the division we have made of our insane paupers, it is obvious, that as regards those who are kept in the alms houses, their condition is frequently wretched in the extreme, and in no instance as favourable to recovery as it would be in an establishment instituted for the purpose. Nor can we say more in favour of the system of farming out the insane. "Our poor," says one of the county reports, "are bound out at so much a year to those who will take them at the cheapest rate: from this you may infer, how far their situation is comfortable or how far their unfortunate condition is likely to be ameliorated."

The *third class* of insane are those who are confined in prisons and penitentiaries for safe keeping, a practice, which has been adopted in many countries, and to a certain extent over the whole of this and other states. The refractory lunatic is committed to

¹ We take it for granted, that the able article in the British and Foreign Medical Review, for January, 1840, is from his pen.

the common jails or penitentiaries, where he may be safely kept from injuring others, but where, of course, he can receive neither appropriate physical nor moral treatment. When, again, a prisoner, who has committed a crime, is declared by the verdict of a jury to be insane—in the absence of an asylum, like the one proposed, he is doomed by the court to the cell of the convict, to pass there the remainder of his existence—provided his delusion continues so long; punished in the same manner as if he had been declared guilty of the crime, whilst in the eye of the law he is innocent; and immured for a mental infliction, which might often, assuredly, be removed under judicious management in a proper asylum. What expectations of restoration could be indulged in the case of one so circumstanced, and what stronger incentive could be offered to the benevolent, for the establishment of an institution, which could afford security to the public against farther violence, whilst, at the same time, it permitted the employment of the means best adapted for the recovery of the wretched offender! Yet, in the absence of a proper asylum, the course adopted by our tribunals is inevitable, and it is the source of painful solicitude to every merciful and enlightened judge. “The want of such an asylum”—say the judges of the Court of Quarter Sessions;¹ and of the Criminal Court² of Philadelphia—a sentiment, which is fully concurred in by the judge of the 12th judicial district³—“often occasions painful embarrassment to the courts, when the defence, in a criminal charge, is insanity, fully sustained in proof: although the jury may certify, that their acquittal is on that ground, and thus empower the court to order the prisoner into safe custody, yet that custody can be in no other place than the common prisons, places illy qualified for such a subject of incarceration: we cannot doubt, that the ends of justice would be greatly promoted if such an asylum, as the petitioners contemplate, were established under proper regulations, and the courts were authorised to commit to it persons acquitted of crimes upon the plea of insanity.”

It would appear, that five sixths of the inmates of the State Lunatic Asylum of Massachusetts, were committed by order of the courts—having been convicted of outrages upon the person or property of others, or the court esteeming it to be dangerous to the peace and safety of the commonwealth to suffer them to be at large.

Thus far, we have considered only the evils that result from the present condition of the indigent insane of this commonwealth. A brighter picture has now to be presented—of the advantages, that must accrue from adopting a course like that which it is the object of this appeal to inculcate.

In the early periods of history, when but little, if any, sound philosophy prevailed, and the human mind was enshrouded in darkness and prejudice, insanity was regarded as a direct infliction from the Almighty, which it was believed to be idle to attempt to

¹ Judges King, Randall, and Jones.

² Judges Todd, Bouvier, and Conrad.

³ Judge Blythe.

remove ; it has been, however, a triumph to the science and philanthropy of modern times to exhibit, that it is one of the most curable of maladies, when treated early ; and one of the most inveterate, when it has persisted for any considerable period ; and yet, that in these last cases, much can be done to alleviate the condition of the sufferers.

In the former appeal, evidence was afforded to show, that the ratio of curability of cases, which had existed less than three months, was nine in ten ; and eight and a half in ten, when it had existed under twelve months ; that on the other hand of 318 cases, which had fallen under the care of Sir William Ellis, at the York West Riding Asylum, and which had existed from one to thirty years, only twenty-six were cured ; and that M. Esquirol, one of the greatest living authorities on the subject of insanity, had asserted, that after the disease had passed the third year of duration, the probability of cure was scarcely more than one in thirty. Such, too, have been the general inferences deduced from the results in several of the admirable insane establishments of our own country.

There were admitted into the State Lunatic Asylum at Worcester, Mass., during the year 1839, *four hundred and eighteen* cases, of duration less than one year ; of these there were discharged, recovered, *three hundred and forty* cases, which is *eighty-one and one third* per cent. The deaths of recent cases being deducted, the per centage will be *eighty-four and three fourths* ; "and if," says Dr. Woodward, "the recent cases now in the hospital, which are convalescing or have been recently admitted, all of which have had insufficient trial, are deducted, the per cent. will be *ninety-two and two thirds*. Of all the patients that have been in the hospital, the recoveries have been *forty-one* per cent."

How important, then, on all accounts, that the Commonwealth should possess an institution into which the maniac can be transferred on the first appearance of the hallucination, with every prospect of being soon restored to his position in society ; and of being but for a short period a burthen to the public ! In the absence of such an asylum, time is permitted to pass away ; until the insanity becomes so far developed, that danger is apprehended from the lunatic being suffered to remain longer at large, when he is transferred to situations, which have been already indicated, and where the malady, which might have been readily arrested at the outset, has had time to produce morbid changes, which may set all art at defiance, and render the assistance of the commonwealth necessary throughout the remainder of existence.

Although, however, the proportion of cures diminishes so greatly as the disease is more protracted, many instances are on record, in which persons, who have been pronounced incurable, have been entirely restored. One memorable case is given by Pinel, of a lady, who had been maniacal for twenty-five years, suddenly recovering her reason.

But what an improvement has taken place in the moral manage-

ment of those unfortunates, at all periods of their disorder ! Forty-eight years ago, lunatics were in chains over the whole of Europe. It was in the year 1792, during the atrocities of the French Revolution, and under circumstances detailed at length in the former appeal, that Pinel—the physician and the philanthropist ; justly styled the “great reformer”—ventured, in a few days, to strike the shackles from fifty-three lunatics ; and what a revolution followed from a course before esteemed impracticable, or, if practicable, of disastrous tendency ! The furious madmen, who destroyed hundreds of wooden utensils in the Bicetre, renounced their habits of violence. Others, who tore their clothes, and rioted in filth and nudity, became clean and decent ; tranquillity and harmony succeeded to tumult and disorder, and many who had previously been deemed incurable, were restored to reason. “France,” says Esquirol, “was the first nation to offer the spectacle of nearly three thousand lunatics kept in confinement without chains, without blows, and without unkind treatment.”

But although the use of chains, and the lash, which was at one time freely applied, has been generally abandoned, it is but recently that a system of total abolition of personal restraint, in the treatment of the insane, has been openly inculcated and affirmed to be entirely effective. In the Lincoln Asylum, under the superintendence of Dr. Charlesworth, for twenty years past, and latterly with the vigilant co-operation of Mr. Hill, who has recently published a lecture, “with statistical tables illustrative of the complete practicability of the system advocated in the lecture,” almost every kind of bodily restraint is stated to have fallen into disuse, as superfluous or worse than superfluous—and as a mere substitute for the want of watchful care. This great change, has only been effected, it is said, by a most careful adoption of a rigid system of constant superintendence, of well preserved classification, and of humane and effective practical management.

“We are perfectly aware”—says a writer already quoted—Dr. Conolly, in whose establishment at Hanwell, the system of non-restraint is fully embraced ; and where, according to Mr. Packard, the coercion chairs have been worked into the floor of the carpenter’s shop—“that Mr. Hill’s statements will be received in many lunatic asylums, with surprise, and even with incredulity. The proportion of sane keepers to the patients is so very small in most of those institutions, and so much habitual assistance is calculated upon from imperfectly recovered minds, that the effect to be expected from a better system of watchfulness has scarcely yet suggested itself to the imaginations of the directors and superintendents. Perhaps, indeed, it is difficult for any one, not familiar with the working of such a watchful system, to believe it sufficient in *every* case, without the old physical restraints. If the Lincoln Asylum can present a model of this kind, which all may visit and examine, the services of Dr. Charlesworth to the cause of humanity, and in behalf of the insane, already considerable, will only be second to that of him who first released them from their chains.”

Mr. Hill goes so far as to affirm, "that in a properly constructed building, with a sufficient number of suitable attendants, restraint is never necessary, never justifiable, and always injurious, in all cases of lunacy whatever."

Such, according to Mr. Packard, appear, also, to be the principles and the practice of Dr. Pritchard in the Lunatic Asylum at Northampton, England. "The non-restraining principle," says Mr. Packard, "is applied here in its ultra form. In one instance, the day I was there, the bed and bed clothes of a patient were completely changed four times between 8 and 12 o'clock, a warm bath prepared each time, and the patient washed and her clothes changed throughout, rather than use severe measures for correcting or counteracting her propensities. In violent cases, the patient is placed alone, in a room well aired and lighted, where there is nothing destructible, and treated with all the kindness which he is capable of receiving."

Admitting the practicability and the efficiency of the system of non-restraint, in a large mass of cases, it may be well questionable, whether it be of universal application; and were it so, it can rarely happen, that establishments for the insane are so well provided with competent attendants that corporeal restraint can be wholly dispensed with. The experience, however, of the large institutions of this country has sufficiently shown, that it can be but seldom necessary. In the last annual report of the State Lunatic Asylum, at Worcester, the managers affirm, that chains have never been thought of, and that the strait waistcoat or jacket has never been used; and the same remark, as to the strait waistcoat, is made by the directors of the Ohio Lunatic Asylum in the first annual report for the last year. "If the patient," they observe, "is received in a furious state, he is placed in a lodge appropriated to such cases, or if one is seized with a paroxysm of mania in the wards, he is immediately removed until the paroxysm subsides, and then returned to his former situation." "Such," they add, "is the effect of the system of treatment adopted here, that in the halls, where from eighteen to twenty are admitted together during the day, no noise or violence exists, and with those, who a few weeks or days since were beyond ordinary control, order, peace and decency of manner and language now prevail."

In the Bloomingdale Asylum, too, it is affirmed, "it is long since there has been such a thing as a strait jacket in the establishment."

From a multitude of cases at home and abroad, we may take one, which signally illustrates the character of the treatment of the insane many years ago, and the benefit which has resulted from one far different in its character. "Within a month," says Dr. Woodward, "after the opening of the institution, there was placed under our care a man who had committed homicide. On his trial for that offence he had been proved insane, and, for want of a more suitable place, was confined in the common jail of the county in which the offence was committed. Here he had been imprisoned *seventeen*

years, sometimes being permitted to have the company of the worst prisoners, with whom he often quarrelled, and by whom he was often sadly beaten and abused; sometimes he was a long time in solitude, and occasionally loaded with heavy irons: at all times he was in close confinement, and considered a dangerous man even when under the severest restraints.

When he first came into the hospital he was violent, noisy, and often furious: he was permitted to enjoy the privilege of walking in the hall unrestrained, on condition that he would not injure his associates: he soon became more calm and pleasant, and was occasionally taken out to labour; he conducted himself well, and was soon indulged with greater liberties: the bible was given him, and he was fond of reading it; he worked much abroad, and with great pleasure assisted the women in the kitchen to scrub the floors and in their other labours. He has been thus indulged more than *five* years: he has injured no one abroad, and has been respectful and civil. He now takes his meals at table quietly and orderly; attends chapel much of the time, and although a very insane man, and at times violent in his language, is contented, peaceable and happy, and when calm has no desire to leave the hospital, but considers it his residence for life."

Twenty years ago, who would have credited the statement of Dr. Woodward, that of the *one thousand and thirty-four* patients, who, up to December last, have been in the Worcester Lunatic Hospital, there have not been *twenty* who have not taken their food at the table with others more or less of the time. Of these *twenty* more than *three fourths* were so ill and feeble when they arrived at the hospital as to be unable to do so, and died without amendment in a few days: and he affirms, that at the time of writing his report, they have not a solitary individual who has not for a very considerable time taken food with others, with knives and forks. "The difference," says Dr. Woodward, "between eating food in solitude from a tin or wooden dish with the fingers or a spoon, and going to a neatly furnished table, and taking meals from crockery with a knife and fork, is the difference between a savage and a civilised man, a brute and a human being. No one thing contributes more to awaken self-respect and restrain the furiously insane than this indulgence at table, and the confidence which he feels is placed in him by those who have him in keeping. The same is true in respect to dress and the treatment he receives from those whom he looks upon as superiors, and whom he feels bound to obey. If he is neatly and comfortably clad, like those whom he meets, he feels that he is as good as others, respects himself as they appear to respect him, and is careful to do nothing by which he shall lose caste. If his garments are tattered or dirty, he will tear them off, or soil them more; if neat and tidy, he will preserve them with care, and even feel proud of them."

"Within a few days," he continues, "a patient was brought to the hospital, who had been confined *three* years in a cage: he had

not used knife or fork to take his meals during this period, and had not felt the influence of a fire for *two* winters. The gentleman who brought him to our care manifested praiseworthy benevolence in his efforts to ameliorate his condition, and get him into more comfortable winter quarters, and hoped that in a few months we should be able to improve his state, and that he would observe the decencies of life and take his food in a proper manner. While he remained conversing respecting him, the patient below was quietly seated at the table taking his supper with knife and fork in his hand! On the second Sabbath from his admission he attended chapel quietly, and gave it as his unqualified opinion that he was 'well off.'"

By this sustained treatment of mercy and kindness, it is found that there are few who are incapable of participating in appropriate labour or amusement. Every well devised lunatic asylum is so regulated, as to be able to employ such of the patients as are fitted for them, and to whom they are fitting, in agricultural or horticultural labours: workshops are provided, and employment or amusement of some kind or other is carefully adapted to each individual.

The attention which such occupations demand produces a strong moral revulsion, and prevents the recurrence of the insane ideas; or, if they recur, prevents them from wholly engrossing the mind of the lunatic. This is now so well understood, that in the different insane establishments of this country it is an object of anxious solicitude with the medical superintendents, and the results have been most salutary.

Who, again, a few short years ago, would have credited the fact, that in a large insane asylum, four-fifths of the patients who were in the institution during the past year should have been brought to attend the exercises of the chapel on the Sabbath, and most of them very regularly, and that numbers should have conducted themselves in the chapels of the institutions with the greatest decorum, who in the halls were noisy, talkative and profane. Along with other circumstances the fact exhibits, that, however perverted may be the mental powers, there are but few who are unsusceptible of appropriate appeals when judiciously employed:—few who become,

"—— a wreck at random driven,
Without one glimpse of reason or of Heaven."

With such knowledge derived from experience can we be surprised, that under the active and benevolent exertions of philanthropists, extensive pauper lunatic asylums should have been erected both in Europe, and in several of the states of this Union. Without referring particularly to the efforts in other countries, it may be well to glance at those of our own.

Massachusetts, besides the establishment at Charlestown, capable of accommodating 200 patients, has her admirable state institution at Worcester, which is capable of accommodating 230 persons, and had at the close of the year 218 patients. In addition to this, Boston has her own asylum for poor lunatics, situate at South Boston, and

capable of accommodating 100 patients, which was commenced in 1837, and was ready for the reception of patients in August, 1839. This hospital—it appears from the report of the superintendent, Dr. John S. Butler—was opened on the 11th of December, 1839, and had at the time of the report, July 1, 1840, eighty-seven insane lunatics. It was erected principally by the prisoners in the house of correction, is plainly but substantially built, and is said to be convenient and comfortable, and to answer well its intended purposes. Maine has her asylum on the banks of the Kennebeck, in sight of the State House at Augusta, which is intended to accommodate 100 poor patients. In New Hampshire, an association has been organised, a bill has passed the legislature to establish an asylum for poor lunatics, and a committee has been appointed to choose its location. In Vermont an asylum has existed since 1836; the average number of patients at which has been thirty-five. In Connecticut, Governor Ellsworth, in May, 1839, invited the attention of the assembly to the condition of the insane poor, and a committee of the legislature reported in favour of endowing an appropriate asylum.

New York has most liberally entered into the career of benevolent sympathy. She has now three public asylums,—the Bloomingdale, seven miles from the city of New York, liberally endowed by the state, and not confined in its benefits to the insane poor,—for the accommodation of about 150 insane patients; the State Asylum, exclusively for the insane poor, now building at Utica, for the accommodation of 1000 patients; and the asylum on Blackwell's Island, only one wing of which is completed, for the accommodation in this one wing of 200 patients. New Jersey is likewise impressed with the importance of such an institution, and active measures have been taken by the legislature to procure it. Virginia has her two lunatic hospitals,—the one situate at Williamsburg, in Eastern Virginia, the other at Staunton, on the western side of the Blue Ridge. The latter, according to the second annual report of its superintendent, Dr. Stribling, received, during the year 1838, eighty-five patients. Both institutions have been liberally endowed by the state, and are capable together of receiving 250 patients. Maryland, during the past year, has appropriated bounteously for the benefit of her insane poor. South Carolina has made large additions to her state asylum at Columbia. Tennessee erected an asylum not long ago at Nashville. Kentucky has hers, into which 176 patients were received during the year 1838; and the new asylum of Ohio, at Columbus, according to the annual report of the directors for 1839, is in full and successful operation—157 patients having been received into it since its opening, of whom 114 remain.

Would that we could add to this list of her sister states, who have emulated each other in this career of benevolence and usefulness—Pennsylvania, extensive in her population and territory; ample in her resources; ennobled by her charitable institutions of all kinds; her hospitals and almshouses; her provision for the widow and the fatherless, the destitute and the penitent,—the afflicted indeed of

every class, save and except this,—the most wretched and pitiable of all ; and distinguished for her ready adoption of every proposition that can promote the happiness and ameliorate the condition of her citizens ! She has contributed, it is true, towards the erection of the Pennsylvania Hospital ; but this institution, even now, when a separate asylum for its insane has been established on the western side of the Schuylkill, cannot, it is presumed, receive more than forty insane paupers.

Were it necessary to appeal to other feelings than those of humanity, it might be readily shown, that in a pecuniary point of view advantage must inevitably accrue to the state from the contemplated establishment ; and that there are but few insane who may not be profitably employed in useful and in productive labour. The seventh annual report of the trustees of the lunatic hospital at Worcester estimates the produce of the farm from the industry of the patients at 1914 dollars, without including the stock at the time in the yard. The market price of the work in the shoe shop, in the preceding eighteen months, is valued at about 1822 dollars,—and these are but two of the channels, it must be borne in mind—into which the productive industry has been directed.

In the present condition of the insane poor of this commonwealth, they have to be supported by the community at even a higher expense than would be needed in a proper establishment ; no facilities are afforded for appropriate labour, and their support must be wholly derived from the district in which relief is extended to them. So satisfied, indeed, are the poor law commissioners of England of the economy of such establishments, that they are every where erecting their asylums for the insane paupers separate and distinct from the poor houses. But this point, which, by a few, has not been accurately appreciated, and has been urged as an objection to the contemplated asylum in Pennsylvania, has been set at rest numerically in one of the states of this Union. We quote from the sixth annual report by the trustees of the same excellent institution referred to above.

“In order to present this subject strictly as a pecuniary or economical matter, the trustees requested the superintendent to prepare a separate table, showing the actual expense of twenty of the earliest cases received into the hospital, which, owing to the duration of the disease when admitted, were incurable, and therefore still remain ; and doubtless will continue a charge upon the state as long as life lasts. These cases are not selected, but are taken in their order. They are the first twenty cases of admission, which now remain. Their expense, before admission, is computed at *one dollar and fifty cents* a week. These cases have already cost the commonwealth *one thousand five hundred and fifty dollars and fifty cents* each. On the other hand, and as a contrast to the above, the table shows the actual expense of the last twenty cases, which have been discharged from the hospital cured. It amounts only to *forty-seven and a half dollars* each. Hence it appears,

that the expense already incurred for taking care of twenty cases, which, from neglect, had been suffered to run on until they became incurable, has been more than thirty-two times greater than the expense of the same number of cases, for which early and proper provision was made. The recent cases are now well; the old ones will doubtless continue a charge through life. However extraordinary it may appear, it is still true, that taking an average chance for cures, it would have been a pecuniary saving to the state to have seasonable care of these old cases, though at an expense of eighty dollars a week, rather than, by neglect, to have incurred the necessity of supporting them, even up to the present time."

Bearing these estimates in mind, and, in addition, the now well ascertained fact, that ninety per cent. of the recent cases can be restored so as to be able to maintain themselves and family; and that, in the opposite case, the disease may be rendered perpetual, so that both the unfortunate sufferer himself, and all those that are dependent upon him for support, may remain a burthen to the public, and it must be manifest that the pecuniary saving of such an asylum would be immense; and that, consequently, it ought to receive zealous support not merely on the score of philanthropy but of economy.

Such being the facts in regard to the condition of the insane poor in this commonwealth—to adopt the main conclusions of our former appeal—can farther arguments be needed to depict the necessity of an establishment of the kind, that is contemplated? Shall we be content with inaction, whilst our brethren every where are sedulously employed in their endeavours to restore to mental existence those who are afflicted with the most awful of dispensations? Can we remain satisfied with their condition at home in their own miserable hovels, or with immuring them in institutions, where but imperfect attempts at restoration are practicable, and where they are merely kept from inflicting injury upon themselves or others, with the moral certainty, that in a large majority of the cases, hallucinations, which, under other arrangements, might have been wholly removed, must become more and more firmly implanted in the mind, until ultimately the wretched maniac sinks prematurely under his excitement, or subsides into a state of hopeless melancholy or fatuity? Or can we hesitate to exert all our energies to diminish evils of heart rending extent, and to adopt measures, that may be within our reach, for restoring the unfortunate lunatic to his friends and to his country; or of ameliorating his hard lot where perfect recovery is impracticable?

The evil that results from one single year's delay is inappreciable. We know, however, that it must be great, and that even a brief postponement removes the chances of restoration from hundreds, whose reason is, as it were, in our keeping.

THOMAS P. COPE, *Chairman.*

FREDERICK A. PACKARD, *Secretary.*

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